

**ABSTRACT OF THE DISCLOSURE**

- A group program for resistance exercise training is disclosed. The group
- 5 program for resistance exercise training includes the steps of: providing a plurality of convertible multi-position exercise units; providing instruction and operating the plurality of exercise units for performing a first exercise in a first configuration; providing instruction in converting the plurality of exercise units from the first configuration to a second configuration; and providing instruction in operating the
- 10 plurality of exercise units in the second configuration. The exercise units include a frame, a seat positioned on the frame and an adjustable resistance engine attached to the frame.

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